

**TO KEEP YOUR CHILDREN SAFER TALK TO THEM EARLY
AND REGULARLY ABOUT THEIR SAFETY**

**What Parents and
Guardians Can Do**

- ➔ **Listen** to your children
- ➔ Take the time to **talk** to your children
- ➔ **Know** who your children's friends are
- ➔ **Notice** when anyone shows one or all of your children too much attention or begins giving them gifts
- ➔ **Teach** your children that they should say **NO** to any unwelcome, uncomfortable, or confusing touch or actions by others
- ➔ **Be sensitive** to any changes in your children's behavior or attitude
- ➔ **Look** and **listen** to small clues that something may be troubling your children, because children are not always comfortable disclosing disturbing events or feelings
- ➔ If your children do share problems with you, strive to remain **calm**, **noncritical**, and **nonjudgmental**
- ➔ Be sure to **screen** babysitters and caregivers
- ➔ Provide **oversight** and **supervision** of your children's online computer use
- ➔ Be **involved** in your children's activities
- ➔ **Work** with your children's school to institute sound child-safety programs as part of their curriculum
- ➔ **Practice** basic safety skills with your children, and discuss their safety openly and honestly

There is no substitute for your attention and supervision. Being available and taking time to really know and listen to your children helps build feelings of safety and security.

These guidelines are adapted from the brochure *Preventing the Sexual Exploitation of Children*. Copyright © 2003 National Center for Missing & Exploited Children. All rights reserved.